

Making Every Bite Count Overview

Information for Instructors:

Goal:

Making Every Bite Count is a five session program designed to instruct participants on practical application of the Dietary Guidelines and the Food Guide Pyramid. Session titles are:

1. Let the DG's Be Your Guide
2. Pyramid Power
3. Yes to Grains, Fruits and Vegetables
4. Smart Use of Fat, Sugar and Salt
5. Making Every Bite Count in Your Program

Program Format:

Each session addresses one or several major issues related to the Dietary Guidelines or the Food Guide Pyramid. Sessions include a combination of presentations and activities. Presentations use a PowerPoint presentation and videos. The PowerPoint presentation assists instructors in addressing the key points.

Class Style:

In recognition of the short attention span of adult learners, the program has been planned with short segments and activities. The style employed is that recommended by *Creative Training Techniques (CTT)*. This approach leads learners through discovery and involvement, thus reinforcing principles presented.

Sessions begins with a brief ice breaker. To maintain interest, participants are given the opportunity to win points throughout each session. At the end of each session prizes are distributed to the top point earners. Prizes may include inexpensive logo items or lottery tickets. Suggestions for point opportunities are included with the class instructions. Additionally, the instructor may ask trivia questions (if related to CNPs all the better) or other program questions. Participants should be provided with post-its on which they can record answers to questions. Here's an example of how to use a trivia question: What do NSLP, SBP, SFSP, CACFP stand for? Give a point to the first 5 participants who place a post-it with the correct answers on the flip chart. Trivia questions might include current news topics or local information.

Room Setup:

Participants should sit at tables which comfortably accommodate 4 people. Round tables are recommended. During presentations participants should sit on the side of the table allowing them to clearly see the instructor and the screen. Participants will sit around the table during interactive sessions. The table should have sufficient room for participants to write notes and for the placement of supplies. See room layout suggestions on the following page.

Manual:

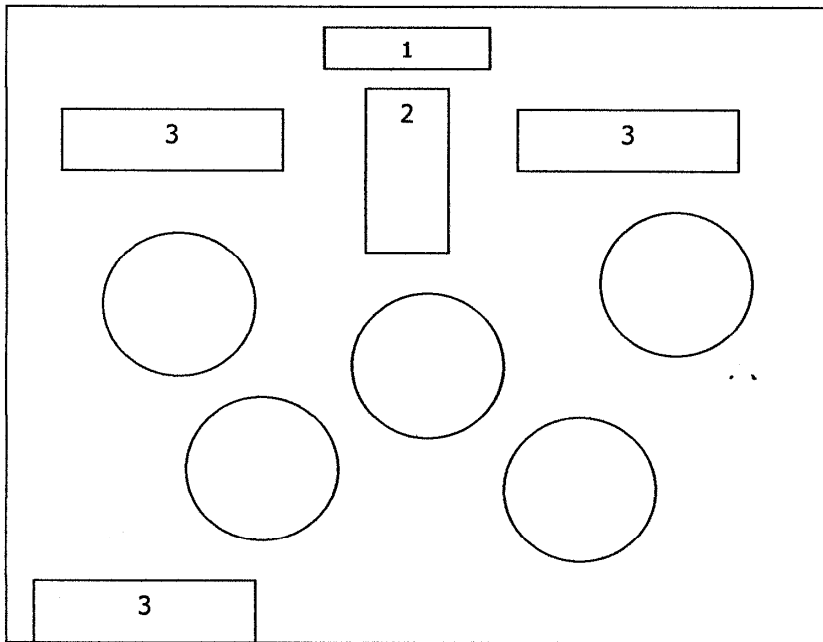
The manual provided for each session includes reference material which the instructor should read to become familiar with the content to be presented. The manual also includes handouts, activities and recipes where appropriate.

Supplies:

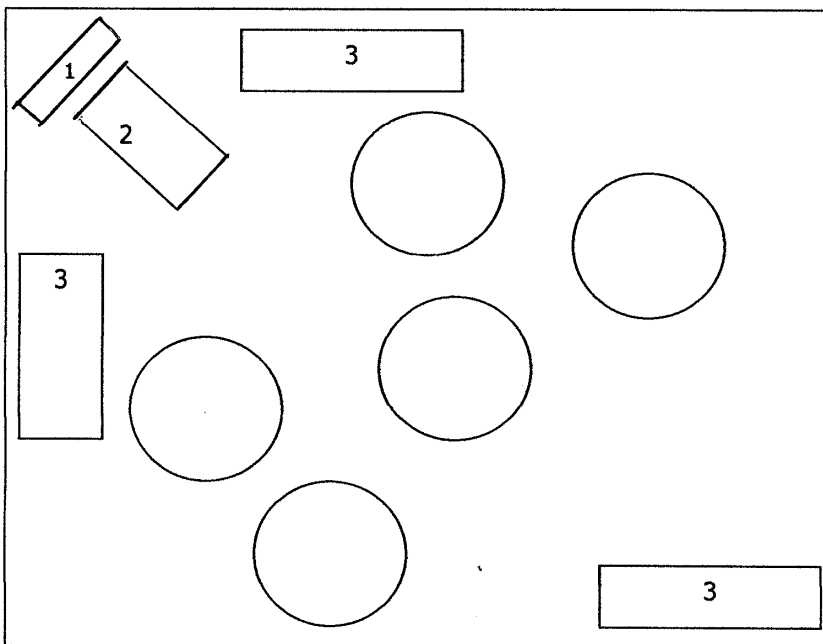
The room should be equipped with:

Screen	Supplies on tables:
Video projector (for use with computer)	Pads of paper
2 flip charts	Post-its
5 round tables	Wide Markers
3 tables for supplies	Pencils

Room setup options:



1 = Screen
2 = Table for instructor
supplies & projector
3 = Supply Tables



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